



British Heart  
Foundation

# JUMP ROPE FOR HEART

A fantastic initiative for teachers, their pupils and the school that can be held at anytime during the school year.

**Free  
resources**  
worth over £100





# JUMP ROPE FOR HEART

## What is Jump Rope For Heart?

**Jump Rope For Heart (JRFH) is the British Heart Foundation's (BHF) popular educational sponsored skipping challenge, which raises money for both the participating schools and the nation's heart charity. It encourages children and young people to take part in physical activity that is fun, rewarding and heart healthy.**

Once registered, schools receive a **free** skipping kit (containing equipment worth over **£100**) to enable them to introduce and develop skipping to children through the PE curriculum or more informally in the playground, or at an after school club.

Last year, over 2,000 schools took part in this hugely popular event.

## What's involved?

Once children have mastered the basic skipping skills, a Jump Off (sponsored skip) is held. Pupils can be sponsored for the amount of time they skip or for taking part in various challenges. We provide lots of ideas and helpful tips in our Jump Off manual, but the format of the day is up to the schools.

## Why skipping is a great activity for children

- ♥ Skipping is a popular way for pupils to have fun while doing some of their 60 minutes of physical activity a day.
- ♥ Skipping is inexpensive, requires little space or time and provides opportunities to be creative and to learn new techniques.
- ♥ Skipping can challenge the most able pupils, yet is simple enough for everyone to achieve.
- ♥ Skipping is totally flexible – children of all abilities can skip on their own, with a partner or as a group. You can choose to involve just a few classes or the entire school – staff and parents included!

## When do you hold the Jump Off?

It's entirely up to the school when it holds its event. Some schools choose to hold their event either during National Heart Month in February, on their Sport or Healthy Living day, during the spring or summer terms (so the event can be held outside) or during National School Sport Week (27 June – 1 July).

## The free JRFH organiser's kit

Schools that register for JRFH receive a free organiser's kit worth over £100. The organiser's kit contains everything you need in order to organise a successful Jump Off event:

- ♥ 31 brightly coloured skipping ropes (more skipping ropes can be purchased)
- ♥ two Double Dutch skipping ropes
- ♥ skipping skills DVD (created to make it even easier for teachers to introduce skipping at their school)
- ♥ a comprehensive manual for primary or secondary school teachers
- ♥ Jump Off manual (a step-by-step guide on how to hold a successful event)
- ♥ skipping skills resource cards
- ♥ promotional posters
- ♥ sponsor forms.



## Heart disease and children

Heart and circulatory disease touches us all – it is the UK's biggest killer. It is indiscriminate, affecting young and old alike.

- ♥ About 28,000 teenagers in the UK are currently living with heart conditions.
- ♥ One in every 145 babies born has a heart defect.
- ♥ About one in three children are overweight or obese.

## Why JRFH is good for everyone's heart

With your school's help, we can change the impact heart disease has on people's lives. By organising a JRFH event, you and your pupils can have fun, and help us to save lives by:

- ♥ funding pioneering research into the causes, prevention, diagnosis and treatment of heart disease
- ♥ providing essential equipment like echocardiograph machines and life saving defibrillators to hospitals, as well as to the ambulance, fire and police services
- ♥ training BHF Nurses to support and care for heart patients and their families
- ♥ providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness.

## Why everyone's a winner with JRFH

**Pupils win** – Children of all ages and abilities love skipping. It's **great fun** and can contribute to their recommended one hour a day of physical activity.

**Teachers win** – It's simple to organise and they get a comprehensive teachers' pack worth over **£100**, with 33 free skipping ropes.

**Schools win** – They get to keep **20%** of the money raised to spend however they want. JRFH can also contribute to the achievement of a Healthy Schools Award, Activemark, Sportsmark and Sports Partnership Award.

**The nation's heart health wins** – The money raised by schools helps the British Heart Foundation to try to prevent heart and circulatory disease in the future, and to help save lives **now**.

## Jump to it!

Use the form on the back page to register for this great fundraising event. We'll send you a skipping kit containing full instructions on how to organise a fun and successful skipping event. Each child that participates in a Jump Off will receive either a badge or a certificate.

## BHF educational resources

Did you know that we produce high quality materials for schools and young people? These are:

- ♥ for different ages and abilities
- ♥ in different formats eg, print, web, CD
- ♥ for curriculum topics PE, Science, English and PSHE
- ♥ covering physical activity, healthy eating, not smoking and understanding the heart.

We care about everyone's heart health, so our resources are **free**. However we are only able to give away our materials because of the money raised by events like Jump Rope For Heart. We rely on the support we get from schools to help fund our vital work.

To request a kids' and schools' catalogue, listing our full range of educational resources, either call 0870 600 6566 or visit our website at [bhf.org.uk/teachers](http://bhf.org.uk/teachers)

We also have three great websites for children, [cbhf.net](http://cbhf.net) for under 11s and [yheart.net](http://yheart.net) and [yoobot.co.uk](http://yoobot.co.uk) for over 11s. These sites tackle the issues of heart health in a way children and young people can understand and relate to.



## Jump Rope For Heart registration form

We hope you're keen to give this fun event a go. We're sure you and your pupils will love it. Complete the form below and we'll send you everything you need to run a successful event within two weeks. Remember, we're always here to help. So if you have any questions, you can call us on **01892 893 913** or email **jumprope@bhf.org.uk**

In order to process your registration, questions marked with a \*\* symbol need to be completed. In case you need to contact us, please keep a copy of your completed form.

Full name of school\*\* .....

Agrees to organise a sponsored Jump Off on behalf of the British Heart Foundation.

We anticipate organising the event during the month of\*\*

(you need to allow at least **four weeks** to organise your event, so children can practice their skipping and raise funds).

Type of school\*\*

Infant  First  Junior  Primary  Middle  Secondary   
Mixed  College  Other  Please describe .....

What combination of skipping rope lengths would you like to receive? \*\*

Tick **one** box only

7 & 8 feet length long ropes  8 & 9 feet length long ropes   
7, 8 & 9 feet length long ropes  8, 9 & 10 feet length long ropes   
9 & 10 feet length long ropes  No ropes required

Length of rope	Skipper's height
7 feet (213 cm)	up to 4 feet 10 inches (up to 147 cm)
8 feet (244 cm)	4 feet 11 inches to 5 feet 4 inches (150 to 163 cm)
9 feet (274 cm)	5 feet 5 inches to 5 feet 11 inches (165 to 180 cm)
10 feet (305 cm)	6 feet and over (183 cm)

Please send the skipping kit to (must be the contact details of a member of staff at the above school):

Dr/Mr/Mrs/Miss/Ms/Other\*\* .....

First name\*\* .....

Surname\*\* .....

Job title/Position\*\* .....

Address of school\*\* .....

Town\*\* .....

County\*\* .....

Postcode\*\* .....

School telephone no.\*\* .....

Mobile telephone no. ....

Email address\*\* .....

How many sponsor forms should we enclose in your skipping kit? \*\*

100  200  300  Other quantity (please specify) .....

How did you hear about Jump Rope For Heart? \*\*

BHF website  BHF kids' & schools' catalogue  
 BHF mail shot  BHF email  
 Recommended  Local BHF representative  
 Past participant  Magazine/newspaper article  
 Other (please specify) .....

Would you be prepared to help us publicise Jump Rope For Heart if you are taking part in the event because someone in your school has been affected by heart disease? \*\* Yes  No  N/A

**Conditions of registration:** The Jump Rope For Heart resources are provided as a complimentary kit on the understanding that your school will hold a sponsored Jump Off during 2010/11 school year. Should the Jump Off not be held, it is a requirement that your school reimburse the British Heart Foundation for the £100 cost of the organiser's kit. This is not an offer for sale of the equipment as an alternative to holding a Jump Off. You have obtained the agreement of your headteacher to hold a Jump Rope For Heart fundraising event.

I have read and agree to the above conditions of registration

Signature of the person opposite\*\* .....

Date\*\*   /   /

The name of the headteacher at your school\*\* .....

Please make sure you have completed ALL the sections marked with a \*\* symbol, as we cannot send you your organiser's kit until we have received all this information.

**Please return this form by post to:**

Jump Rope For Heart, British Heart Foundation, The Winery, Lamberhurst Vineyard, Furnace Lane, Tunbridge Wells, TN3 8LA

**Or fax it to:** 01892 891 655

**Keeping in touch**

The British Heart Foundation (BHF) will use your personal information for administration purposes related to this event.

- The BHF greatly values your support and would like to keep you informed about future events, like Jump Rope For Heart, using the contact information you have provided. Please tick this box if you would prefer NOT to hear about upcoming events. (MP25)
- Please tick this box if you do NOT wish the BHF to contact you by email about our work. (MP08)
- Please tick this box if you do NOT wish the BHF to contact you by phone or post about our work. (MP38)
- We may want to share your information with other organisations that are in partnership with the BHF and who support our aims and objectives. Please tick this box if you would prefer us NOT to share your details. (MP02)

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